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G'day Beaches

Merry Christmas! And Happy New Year! 2022, year of the Tiger, is set to be the best yet, according to Krystal Bawl, reliable sayer of sooth and speaker of truth. We're off to a soaring start with the January Tawny Frogmouth.

Ben Short explores the Collaroy-Narrabeen seawall scaring surfers to the core. Mackellar has a new candidate, Dr Sophie Scamps, her eyes focused intently on a seat in Canberra. Tania Mastroianni's Business with a Heart is ensuring sick kids have something to look forward to in hospital. Steve Skinner has gifted us a cracker of a cover and Joshua 'Coppo' Copland-Nielsen is diligently safekeeping Suburban Australiana.

The tide chart is back by popular demand (aka outpourings of editor-directed fury) following its conspicuous absence in December.

Team Tawny will be taking a requisite summer break through February for rest and relaxation. We look forward to seeing you again in March. Best wishes till then.





The Tawny Frogmouth

The Tawny Frogmouth Pty Ltd ABN 95 013 114 772

WEBSITE

www.thetawnyfrogmouth.com.au

EDITOR

liam@thetawnyfrogmouth.com.au

ADS

ads@thetawnvfroamouth.com.au

LETTERS

mail@thetawnyfrogmouth.com.au

CIRCULATION

50,000 copies delivered monthly from Manly to Narrabeen; 47.500 to letterboxes. 2,500 to local businesses.

PEFC CERTIFIED

The Tawny Frogmouth uses paper from sustainably managed forests.



Authorised by Zali Steggall MP, Level 2/17-19 Sydney Road, Manly NSW 2095.





Never give up on saving Sydney's koalas

Peninsula Wash Up

Rob, Koalas need your help!

Save Sydney's Koalas staged a protest in front of Pittwater MP Rob Stokes' Mona Vale office, desperate for confirmation from the NSW Minister for Planning and Public Spaces on the building of underpasses at Lendlease's Figtree Hill Campbelltown development site - home to an expanding (and chlamydia free) koala population. At the same time as more tree removal work started on Stage 1 of Lendlease's development, two healthy koalas were hit on Appin Road, not far from where the tree felling was taking place. One died instantly. The other was critically injured. Save Sydney's Koalas won't rest until Rob Stokes ensures Lendlease deliver on promised koala/wildlife underpasses and corridors. And, as Tawny Frogmouth's property expert Hugh G.Lee Inndette reports, "Surely Lendlease can see the priceless value of having koalas on the Campbelltown site. Values may never surge to Northern Beaches stratospheres, but buyers will no doubt pay a premium for proximity to Australia's most iconic tree hugger."

Spill the Beans

In 2021, writing group Spill the Beans published over 100 stories, launched 2 books and had more fun than should be allowed at a desk during sustained Covid lockdowns. Just think what they'll do in 2022. And if you've got the scribbler's itch, start your new year with the Spill the Beans writing challenge. Go to **spillthebeans.net.au** and write a story or poem (400 words or less) about 'New Beginnings'.

Flow to the rescue

State of Clay, founded by Gretel Puisens, promote the use of creative outlets as a way to reduce stress and allow space for mindfulness, achieving this with their DIY clay kits. Learn pottery basics, indulge in tactile art therapy, use your hands, be mindful and mould yourself into a state of clay. The kits provide all the essentials of pottery for beginners in a box, an experience to be discovered for young and old! If you'd like to find your flow, get your hands dirty and re-enact Patrick Swayze (rest in peace) and Demi Moore raunchiness, head to www.stateofclay.com.au and nab a kit. Tawny readers receive a 10% discount. Simply use code TAWNY10 at checkout.

Razzle Dazzle flees to safety

Following a diabolical cock up in the December Tawny Frogmouth's trivia, in which Northern Beaches' (ex) doyen of all things trivia made the mistake of citing Whale Beach as the last suburb alphabetically on the Peninsula, Razzle Dazzle has hightailed it out of the country and across the Pacific to the safe red, white and blue shores of the U.S.A., escaping an angry, bloodthirsty mob of Wheeler Heights residents infuriated by their prestigious suburb's ongoing belittlement by the haughty iconic Beaches suburbs of Manly, Avalon, Cromer and Summer Bay.



The Razzle Dazzle clan making their getaway

Words: Liam Carroll

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Letters to The Tawny Frogmouth

Razzle's Whale Beach Debacle

Dear Editor, Trivial Pursuit is renowned for its duplicitous answers. But the Tawny's Razzle Dazzle Triv¿a has gone too far. Last month's Question #3: "Alphabetically, what is the last suburb on the Northern Beaches?" Given answer: "Whale Beach". Blatantly wrong, Razzle. Apology is now owed to the good people of Wheeler Heights. The Editor of the Tawny is complicit in this perceived insult, with some 1,750 copies of that nefarious edition distributed to the proud people of the Plateau. The suburbanites of Wheeler Heights (along with Collaroy Plateau) have long considered themselves set apart from the plebs living down in Collarov. Born of patricians, they fought a long and hard battle. Their "Save Our Suburb" name campaign, waged over 27 years, from 1984 until 2011. Having both been granted mighty 'suburb' status in January 1977, it was stripped away in April 1984. Both downgraded to mere 'localities' and subsumed into Collaroy. [They felt similar pain of nearby Wingalans, who rightly are last alphabetically, but who suffer indignity of being part of the burbs of Dee Why and North Curl Curl]. The subsequent peace offering in June 2001 by government, rebadging them as 'urban places', was not good enough. Their fight went on another decade, until February 2011. The Plateau

people won and had their suburb names restored. Rising 90 metres above sea level, the plateau may not meet Tibetan heights as a 'roof of the world'. Yet the people of the Plateau always know that their suburbs rank as first, sorry, is the last suburb on the Northern Beaches. Alphabetically, speaking. The Ghost of James Wheeler (1812 - 1890)

You Selling Out? (Re: Dec '21) Where's the tide chart? You just ruined my Xmas! Tye de Chart, Lunar Orbit

November Letters

I would like to acknowledge John Partridge and Mark Robert's for their constructive letters and asking questions about climate change and renewables. It is so good to listen to common sense and people challenging statements so well. Thank you. Viv

Extreme Manly Council Rates

Q: When are soaring property prices NOT a good thing? A: When you are a long-term Manlvite.

Thousands of householders living in our community moved here from the 1970s onwards. At this time Manly was an average middle-class suburb. Our council rates and land values were affordable. The extreme increase in land "valuations", and a 5500% increase in the rate used to calculate council tax

under harmonisation, means many are now paying up to \$100 a week to council for unchanged services. This is exorbitant and unaffordable for low-income families/ pensioners, and the meagre \$5 discount is grossly inadequate. Luxury apartments, meanwhile, pay about 1/3 for the same services. Council does a great job in our area, and I am sure this unfair situation is an unintended outcome. We need a council willing to amend the problem, and hope that candidates in the upcoming election are tuned in to our community needs. The council definitely have the power to change the way the rates are calculated or offer meaningful discounts. The problem will only get worse in the future if not addressed now.

Concerned Manly Resident

Re: Purple Makes Me See Red

Malcolm Fisher's article on seeing red about Jacarandas is appropriate at this time of year. I suffer from allergies which means sneezing, runny nose and some sleep apnoea usually when Jasmine - a pretty, nice smelling, but mild asthma causing flower - is in bloom. This year it is in plague proportions. I have seen it everywhere in Fairlight. Not just near the North Harbour walkway and Lauderdale Ave in a couple of patches, but in clumps and swathes from Fairlight St down to the waterside and King Avenue to Margaret Street. It takes my body 3 or 4 weeks to get used to it. Please plant it in Africa or wherever it came from. Otherwise pull it up and shred it into fine dust. I find it quite noxious.

John D. Wilson (aka Cranky Jack), Fairlight





As we look to the year ahead, I wish everyone a year filled with love and peace and the joy of reconnecting with family and friends.

I look forward to working together and learning from each other in the coming year. You're faced with losing a loved one, you're in shock and grieving and don't know where to start and how to honour your loved one.

We are ready to gently guide and support you, answer all your questions, even those you didn't know you had, compassionately listen so that you feel seen, heard and supported.

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The Jacaranda, Agapanthus and Norfolk Pine blight

You are quite right. The Jacarandas and the Agapanthus should definitely go. They are non-native plants as are the Norfolk pines and regardless of their beauty, they are not Native Australians and should be eliminated. But wait! What about the other non-natives like wheat and barley and olives and apples and pears? While we're at it, what about animals like cats and dogs and sheep and cows and horses? And chickens. And perhaps most destructive of all, what about Europeans and Asians and other "White" people? Why just pick on something beautiful which gladdens the heart to see? I say "Hooray" for the Jacarandas! "Hooray" for the Agapanthus and a particular "Hooray" for the majestic Norfolk Pines. Nigi Lechner, Fairlight

Dog Beach's Curly Expansion

There is a growing problem with the spread of the "Doggy Area" adjacent to the Curl Curl Lagoon. Dogs can be observed running, frolicking and generally enjoying the allotted area, which I have no problem with. However, the borders to the area are expanding exponentially. Dogs can regularly be seen on the beach and in the surf with owners or handlers nowhere nearby. Or encouraging their charges by throwing balls or other enticements for them to chase. This is in contravention of the clearly displayed signs designating the area and prohibiting dogs on the beach and in the surf. Imagine the public outrage if a child were attacked by an excited pack of domesticated pooches.

I, like many, enjoy walking the length of the beach and

swimming between the flags, but am fed up with having to traverse the beach as though I'm in a dog park and I am concerned about the level of faeces in the water. I feel it is about time the Council Rangers enforced the rules and make owners and handlers restrict the dogs to the designated areas. Warnings at first with fines for repeat offenders. Educating the owners to their responsibilities is the answer.

Julie, North Curl Curl

Re: Paul Fergus (Nov '21) Dear Tawny. What a nasty

reply to both Mark Robert's and my letters of November. Both letters were of a different nature. My letter asked questions pertaining to the transition to renewables and were answered by J Hungerford. I'd like also to state, I have never met, nor do I know Mark Roberts, and there was no collusion as a consequence to letters printed in the Nov issue as inferred by Manly's Paul Fergus. The tenor of Mr Fergus was hostile, aggressive, offensive, condescending and finally, unbecoming. I'd like to thank Ms Hungerford of Curl Curl for her informative and knowledgeable reply to questions I posed in the October issue about the transition to renewables. I am much clearer due to her depth of knowledge.

The questions about renewables were asked and answered by Ms Hungerford in a calm and explanatory method and were in response to a genuine not dishonest enquiry by me, Mr Fergus! Dishonest? How dare you be so bold?! The Tawny Frogmouth is a place where letter contributors express an idea, opinion or question a particular subject. There is no place in this magazine for malicious and personal attack upon letter contributors that allow the airing of subjects that create both thought and debate. If Tawny Frogmouth readers want one sided biased letters fed them each day, I suggest buying the SMH or Daily Telegraph for a left or right bias. I sincerely trust that Tawny continues to present balance. I leave you with a quote from my greatest mentor, my grandfather, who once told me that angry people have great balance. I asked, "Why grandpa?" He replied, "They have a chip on BOTH shoulders."

John Partridge, Balgowlah

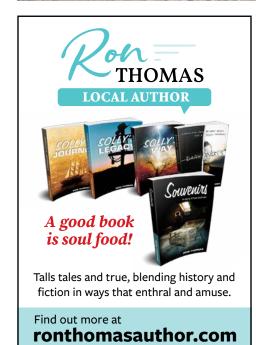
Do your homework Chris

Chris from Manly conflates what he witheringly calls 'Green' policies with dishonesty in political advertising accusing Zali Steggall of only having an interest in environmental issues. If he only he would do his homework, as all voters should, he would realise Steggall has a much bigger agenda than just one issue. First the 'Stop the Lies Bill' which would, if passed, prohibit misleading and deceptive political advertising. Surely all of us would want political ads to tell the truth. There are regulations for all other types of advertising. Why the exception for political advertising? But the government refused to accept the Bill. Chris wants to 'hear all views', but does he really want to be lied to by politicians? He has misconstrued the proposed bill - no politician would have the right to 'decide on what is the truth' on his behalf. It would be run through the ACCC and the Advertising Standards Bureau, 9 in 10





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10 The Tawny Frogmouth

Australians believe the federal parliament should pass laws to ensure political advertising is truthful.

Ad Standards' website explains: 'Currently, there is no legal requirement for the content of political advertising to be factually correct'. This must change. Steggall also supports the Federal ICAC, something the government again rejected on a matter of procedure. She has just moved a motion in parliament on behalf of Warringah businesses that are doing it tough. These are not 'Green' issues.

Do your research into what our politicians stand for and where they stand on issues, but remember, when it comes to election time go for those that don't tell porkies. Polly Bell, North Curl Curl

Local election tactics: smears

or false flags?

Dear Editor, was there a false flag used in the run-up to the local council election on December 4? Reports that Manly police detectives investigate a shocking fake council election flyer smear campaign targeting the NSW Liberal Party candidate with a newborn baby. The flyer reputedly sent by the Good for Manly team, led by deputy mayor Candy Bingham in the Manly ward. Cr Bingham denies the allegation. Keen observers of local politics will have seen a variant of this theme occur at Lane Cove Council at the same time. There, NSW Liberals accused The Greens of being responsible for spraying obscene sexually violent anti-Liberal Party graffiti on a parking sign attached to a public building. The graffiti was attributed "#VOTE Greens!". Think about it for a moment.

Let's say you are seeking re-election in Manly or Lane Cove. Would you distribute this flyer or spray that graffiti? Would it assist in getting elected to council? No. More likely, the flyer and graffiti are false flags of reality imitating art. The 2018 Israeli conspiracy-thriller film series, מילופכ ("Kfulim"), translates as 'doubles' or 'false flag'. You'd appreciate that gossip is false or deformed information concerning a person or event. False flags in politics takes gossip to new lows of conspiracy by the ruling class. Despite being near half century gone, my schooling in Latin at St. Augustine's College, Brookvale is not lost on me. The word conspire comes from Latin, conspirare, literally 'to breathe together'. Back to the days of senators whispering together in ancient Rome. Today, one may be more likely to find truth in drinking wine ('vino veritas'). The Augustinians however taught me that, in time, truth prevails ('veritas vincit'). I hope you voted.

Greg Hogan, Balgowlah

Re (Dec '21): Found a Baby Bird?

Your article, "Found a Baby Bird? Here's What to Do" got me thinking about growing up on North Harbour Reserve, Balgowlah, where my father, Firth Ward, operated his veterinarian practice. Apart from seeing all the usual household pets like cats and dogs in his waiting room, I also saw many injured wildlife brought into his surgery too. Most people had good intentions trying to save wild birds but many times their intervention just

caused a quicker death for the animal. People couldn't understand why baby birds kept regurgitating the bread soaked in milk that was fed to them. They quickly died of dehydration because their bodies simply couldn't absorb that diet. Occasionally, my father got me running around the vard collecting insects which he fed to baby birds with tweezers. A person once brought in a baby Kookaburra with a broken leg. My father carefully put the injured leg in a cast while I held the bird. The leg healed and the kookaburra became part of our family. I grew up with dogs and cats, ducks, chickens and pigeons. We even had a peacock which perched itself on top of our roof after recovering from a broken wing. It screeched at the crack of dawn waking up the whole neighbourhood. We gave it away to a wildlife park. While many people were responsible pet owners, there were others who were callous. My father dreaded holidays when some people would bring in their pets wanting him to put them down. They explained that they were going away and had no one to feed them. After my father refused many simply drove into a national park where they released the animal into the wild where it caused untold damage to local fauna. My father taught me to appreciate and protect animals, especially wildlife. Today, I've established a wildlife site, words4wildlife. org, which advocates saving and protecting wild animals through the power of the press. Jens Ward, Manly

The Tawny invites the people of the Beaches to send in letters to mail@thetawnyfrogmouth.com.au



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Forming a line in the sand at Collaroy, locals protest against the seawall

Seawall puts our beach in peril

The Collarov-Narrabeen embayment is one of the most beautiful parts of Sydney, and arguably Australia's surfing capital. It boasts an unrivalled history in developing world champions, creating world-leading innovations, serving as a competitive breeding ground for current and future surf champions, while also playing host to the best of the best in this year's WSL event. The prospect of doing anything to put this golden stretch of sand at risk is horrifying.

Not only is it world renowned for surfing, it's also well known in coastal science circles, being one of the most studied stretches of coast in the world. My dad, Professor Andy Short, started surfing here in the 60's, hitch hiking from Lane Cove just to get the thrill of riding a wave. He would leave his board at Doc Spence's house, forging his address so he could surf in the North Narrabeen contests (locals only allowed). This

place inspired him to spend a lifetime studying beaches and measuring rips.

Recently, Surfrider Foundation published its yearly list of the 10 most at risk waves in Australia. North Narrabeen National Surfing Reserve (a protected place as gazetted by the government) occupies number two position, with number one going to South Narrabeen. How and why, in 2021, can a beach be at risk, especially when we know so much about them and how the coastal processes work?

As a prominent local coastal engineer stated, "Vertical seawalls are a 19th century response to a 21st century problem". Constructed to protect historic beachfront subdivisions, Collaroy's 7metre vertical wall is a monster from which the public asset (the beach) and its ability to generate quality waves may never recover.

It will ensure backwash, further degradation, and ultimately destroy the beach.

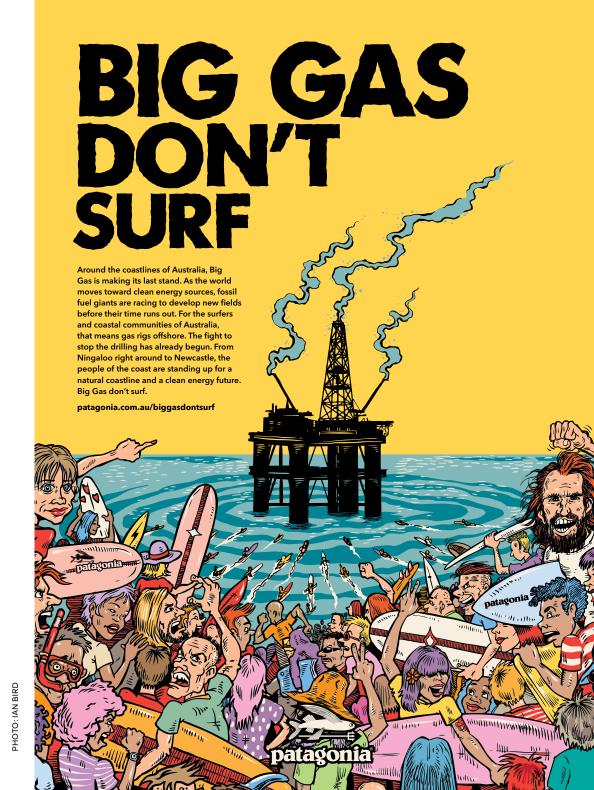
Vertical seawalls, particularly on narrow beaches, "ringbark" the beach, directly reflecting wave energy when exposed, increasing erosion, strangling the beach's ability to repair itself. The planned extension of the vertical wall must be stopped.

Since Surfriders' Line in the Sand protest at Collarov on 27 November, it's clear the beach is already disappearing. The water table, with nowhere to go, has turned the sand to liquid like quicksand. People walking in front of the wall are sinking up to their knees. The beach is slowly floating out to sea, soon to be gone. What was predicted to occur once the vertical seawall was built has happened within weeks, thanks to a single big swell coinciding with a week of king tides.

Beach breaks rely on sand. And sand is in short supply from Collaroy to Narrabeen. For decades, leading coastal experts have called for voluntary property buyback along Collaroy, combined with regular massive beach nourishment for this beleaguered stretch of sand. Coastal experts also recommend sloping rock revetments, which are much better suited and have already been successfully built to the south towards Collaroy.

The line in the sand has drawn community attention to what's happening at Collaroy. Rather than the proposed extension of the vertical wall, strategic, long-term, viable alternatives are required. Beach users and community groups need to be properly engaged and consulted for any designs going forward.

Words: Ben Short Ben is the Chair of North Narrabeen National Surfina Reserve



A new chapter for the old Manly Aquarium

How often do you get to create a new parkland on Sydney Harbour? The NSW Government is funding a \$9 million enhancement of the former Manly Aquarium site. It is a terrific investment in our local area.

We are also funding a number of projects across the electorate, and construction is underway on many of them, including:

- Australia's first Hospice for young adults at the old Manly Hospital site,
- Upgrading of the Scenic lookout at North Head, and
- a new boardwalk at Manly Dam. However, in addition to the above, I committed to progressing activity at the former Aquarium site. This includes commencing an effective community consultation process to determine what will deliver the best and most public benefit for the site.

The NSW Government is planning two separate projects to improve the accessibility to, and along, the Cove for all people including those with assisted and unassisted mobility needs. The two projects involve an upgrade to Manly Wharf 3 and enhancing the former Aquarium site.

Manly Cove is an iconic and locally significant place. People and vessels have been part of Manly accessing the Cove by sea for centuries. The aquarium was purpose built in the 1960s, and housed marine life until it was closed in 2018.

A once in a generation opportunity to create more public open space on the Harbour...

It is a rarity to be able to create additional public open space on the foreshore of Sydney Harbour. It is an idea worth fighting for which is why I am so pleased with the concept designs and funding to back it up.

Fundamentally there are three potential options. One, adaptively re-use the old structure. Two, demolish the old structure and build something in its place. Three, demolish the old structure and create a multi-use public space.

Any open space should unblock the view of the State Heritage listed Pavilion, be a place for families and the community to use and add to the amenity of our harbour. Ideally, the area should allow for the holding of events, markets, performances and be accessible by boat.

By creating green, public open space on the foreshore we will also reactivate the lower level



Artist impression of proposed site

of the Pavilion and Art Gallery area, creating a new area for locals and tourists to enjoy.

I look forward to the community engagement and delivering a project that we can all be proud of and enjoy.

Is the historical 'Boardwalk' included in this project?

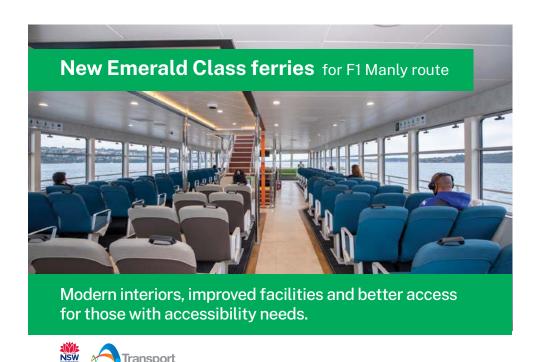
No it is not. The concept of the boardwalk is a different project and belongs to the Northern Beaches Council. Council reports estimate the construction cost of the boardwalk is approximately \$14 million. Now that the future of the Aquarium site is being determined, the opportunity for the boardwalk to be reinstated can be fully considered by the Northern Beaches Council.

Next steps...

Over the next few months we will be engaging with key stakeholders and the community to seek feedback on the former Sea Life site designs. A number of important environmental factors will be considered, and they will help determine the next steps. You can keep up to date with the project via my website jamesgriffinmp.com

With this being the first edition of the famous Tawny Frogmouth for 2022, I wish you all the best for the year ahead! It has been an enormous privilege to represent you in the NSW Parliament in 2021, and I will continue to work hard for you and deliver outcomes in 2022.

Words: James Griffin MP. Member for Manly







Supporters turn out in force at Dr Sophie Scamps' campaign launch

An Independent for Mackellar

To the people of Mackellar, I am humbled and honoured to be your community-backed Independent candidate for Mackellar at the next Federal election.

I am a local mum and doctor, and have been working and living in our community for 22 years. I first worked as a doctor in the emergency room at Mona Vale Hospital, before becoming a local GP in Narrabeen.

Now I hope to serve our community as Mackellar's independent voice in Parliament.

Three years ago, when my youngest son's friend told me "You adults have failed us on climate change", I knew I had to act. I soon started a local community group that aimed to reduce waste and pollution.

Then in early 2020, when the air was thick with smoke from the Black Summer bushfires, and my patients were suffering from the physical and psychological impacts, I looked to Canberra and our local MP for leadership. Unfortunately both our current representative, and leaders in Canberra, were found wanting.

In fact, at the height of the Black Summer Bushfires, our current MP sent out a tick-a-box survey to find out what issues were important to this electorate. Climate change did not even appear on that list and it struck me that we, the residents of Mackellar, were not being heard.

To protect our treasured way of life in Mackellar, I believe we must take immediate action to address climate change. And that will be one of my priorities should you elect me to represent our community in Canberra.

When it comes to protecting our way of life, we also need to end the PEP-11 oil and gas licence, which allows for drilling off the coast of our beautiful beaches, for good. Our current member had the chance to vote to end the licence in Parliament recently but chose instead to vote with Barnaby Joyce in a move that keeps the PEP-11 oil and gas drilling licence alive. In fact, the company that owns the licence is currently tendering for suppliers.

If I am elected at the next election, I will vote to kill off the PEP-11 licence for good

and ensure oil and gas companies can never drill off our beautiful coast.

There are also many other issues that, while I know are important to our community, are not being represented or acted on by our current representative in Canberra.

I will support our local small businesses and I will bring decency to Parliament.

In order to tackle the critical issues our community faces, from Covid-19, to our economic recovery from the pandemic, to climate change, we need good government. That requires integrity at all levels.

As an independent in Parliament, I will champion an independent commission against corruption to hold our government accountable. I will speak out on issues of integrity and ensure that Parliament is a safe and respectful place for women to work, lead and thrive.

As a doctor, I've cared for our community for 22 years, as we raised our family here in Mackellar.

As your independent MP in Parliament, I will fight to safeguard our climate and our environment. I will help small business and the local economy thrive and support the physical and mental health of our community.

I hope that as I travel throughout the Northern Beaches over the next few months, I get to meet many of you, hear your concerns and understand what matters to you most. And after the next election, I know that together, we can take the spirit of Mackellar to Canberra.

Words: **Dr Sophie Scamps** Candidate for Mackellar



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Sport

Around the Grounds

Another month, another set of world-beating performances from sports folk on these our glorious, largely girt by sea and blessed as if by Dennis Lillee northern beaches. And as Vinnie Jones said at the end of Lock, Stock and Two Smoking Barrels: it's been emotional.

It was emotional for local rugby identity Stevie Berryman who watched three of his nieces, Sariah Paki, Faith Nathan and Alysia **Lefau Fakaosilea** combine with emerging superstar Maddie Ashby to take out back-toback Dubai 7s titles in the World Rugby Sevens

The Australian team was unbeaten across the fortnight and triumphed 15-5 over Fiji in the final, the team they also beat in the previous week's showdown. Two tries from Ashby and another from Nathan - who was named player of the final - were enough for the Aussies to control affairs against 'Fijiana', just as they had done in their 22-7 win the previous week. Nathan was also named in the World Series "Dream Team".

Asked how proud she was of her performance, Nathan said: "I could do better, But, it came with a win so that's all that matters." Asked what it means to the people of Australia, Nathan replied: "It's absolutely unreal, but big ups to Fiji who really friggin gave it to us, which was good."

Watching at home was proud uncle Steve who told the Beaches Champion that he and his extended clan could not be prouder of his three nieces and Maddi Ashby. "Faith was told by the coaches to lift her defence. And she did that 100%. And to go with her natural running game, she's become a more complete rugby player. And Sariah, Alysia and Maddi go from strength to strength. They're loving their footy and it's great to be able to watch them on the world stage," Berryman said.

Rugby league looms on the horizon for the girls though Berryman has urged them to stay in rugby for the time being. "I told them they can see the world with rugby. There's the Sevens series, the Olympics, the World Cup. They're still young and there are such great opportunities. And rugby league's not going anywhere." Berryman said.

Elsewhere the irrepressible **Joe Ward**, founder of Manly Beach Running Club, ran from sea level near Eden to almost the top of



Sevens Heaven: local quartet wins dual gold in Dubai

Mt Kosciuszko, 222 kilometres (horizontally) and 2.2km (vertically) to win the 2021 Coast to Kosci ultra-marathon. The race began on a rainy Friday morning at 5:30am before winding its way upwards, ever upwards, through chilly mist and incessant rain. A full twenty-five hours of hunger, fatigue and toenails that would look like the talons of Satan later, race directors declared the weather "inclement" enough to stop the race.

Ward told the Beaches Champion that "inclement" is not doing conditions near the top of Australia justice. "We were near Perisher, around 200km into the race and my crew was frozen, I was frozen and as we climbed the mountain, we were getting colder and colder. I had three layers on - thermals, pants, waterproof top - and I was still feeling the cold!" The most fun part of the race was going from second to first at the 130km mark, according to Ward. "I felt like the fastest car on the racetrack, and I knew deep in my heart the race was mine."

Ward was not aware organisers had made the call to finish the race when they did. Though with rain, wind, sleet and fog, and the temperature at minus 5, he was not complaining. Indeed, he was euphoric. "They didn't make the call until I was at the finish line and then they just said, 'This is it! Race over! You've won!' To find out that I'd won my dream race, the feeling was incredible. Lots of emotions rolled into one but mainly euphoria and disbelief."

And quite sore feet.

Words: Matt Cleary, editor of Beaches Champion, providing daily news about the people and clubs involved in sport on the northern beaches. Read at www.beacheschampion.com.au





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IN A Bucketty STATE OF MIND

Scott Morrison's bloated bureaucracy

In spite of the Liberal party's small-government rhetoric, Prime Minister Scott Morrison is running the most expensive government of recent times.

The Liberal party manifesto claims "we work towards a lean government that minimises interference in our daily lives". Being the party of small government, is the pitch, but it's not true. The eight years of Coalition government have been the most expensive in history. And while they have deregulated for their friends – relaxing insolvency laws and directors' disclosure duties – they have regulated their perceived foes such as proxy advisers to the super funds and litigation funders who de facto assume the duties of corporate regulation.

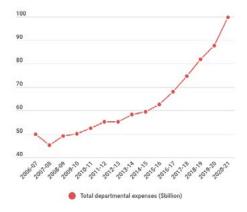
Scott Morrison is overseeing a government which is approximately 34% more expensive than Rudd's 2013 government when adjusting for inflation, according to Federal budget papers. The cost of running the government, paying for salaries, rent, pens and paper is captured in the Federal Budget as departmental expenses. This excludes what are known as administered expenses, which are payments made on behalf of the government such as social benefits and grants to the States.

Departmental expenses also exclude investments made by departments, to represent the true cost to run these entities. Total departmental expenses are tipped to hit \$100 billion in 2020-21, according to the last budget, which is up a staggering 90% from 2010-11.

Since Morrison took office in 2018, the cost of government has grown by over a third or \$25 billion. From \$74 billion to \$100 billion as predicted in the latest budget. In fact, despite decrying "the stifling structures of Labor's corporate state", the Liberal party's Federal government exceeds all comparative metrics compared to tax revenue or GDP.

During the 2007 to 2013 Rudd-Gillard-Rudd government the cost of government increased on average just 2.5% annually. When Rudd entered government in 2007, the total departmental expenses were approximately \$50 billion. Six years later, when Labor lost office in 2013-14, departmental expenses had risen to \$58 billion.

The Coalition government, on the other hand, has seen its departmental expenses increase 9% per year since taking office in 2013, having increased from \$58 billion to \$100 billion in 8 years. As independent Senator Rex Patrick



says: "The Prime Minister clearly has a spending addiction that's being masked by spin, talking up 'lean Government' in contrast to the facts just reinforces the public's perception that Mr Morrison is one for flexible truth."

Patrick also draws attention to the staffing and public service skill levels which this governments is overseeing: "The Government has run the public service down to the point where it no longer has the skills and experience to carry out essential functions. The big four consulting firms must be rubbing their hands with delight."

The growth in the cost of government is almost double the growth in Federal government taxation revenue which has increased by just 55% over the past decade, from \$288m to \$448m. This outstrips Australian GDP growth, which has grown 26% over the past decade according to the Australian Bureau of Statistics.

While the Liberal party manifesto decries "the punishing disincentives of burdensome taxes", as a percentage of GDP, federal government taxation has increased from 18% in 2010 to 23% in 2019-20, the latest year for which the ABS has provided Government taxation revenue data. The "small government" slogan of the current Government is a myth without basis in fact. Over 8 years cost has increased by 74% and taxation revenue by 55%, while GDP has grown by just 26%.

Words: Callum Foote, Michael West Media



Elders denied their human rights yet again

The Federal Government has snuck an alarming last-minute amendment into an aged care bill that removes the legal and human rights of aged care residents.

If a member of the public is restrained without their consent, the perpetrator can be charged. In contrast, an aged care resident who is restrained without their consent will have no legal recourse. Moreover, the government then has the gall to try to claim that this amendment relates to a recommendation of the Aged Care Royal Commission, despite it being the complete opposite of what the royal commissioners recommended.

When the bill was introduced, it contained eight schedules. On October 25, after the second reading concluded, assistant minister Tim Wilson stepped out of his portfolio to add a raft of further amendments. Among the amendments was the addition of a ninth schedule to the bill. This deals with restrictive practices and grants providers immunity from civil and criminal claims. But what is the Assistant Minister to the Minister for Industry, Energy and Emissions Reduction, Tim Wilson, doing making amendments to an aged care bill? And why were these amendments made at the eleventh hour?

MWM asked Wilson's electoral office to explain his actions. His office replied, in part: "Minister Wilson has no Ministerial oversight unto this area, [but] he was responsible for

putting the Bill to the House. If you have queries pertaining to the ... amendments of this Bill, I suggest contacting the Minister responsible – the Hon Greg Hunt MP".

In Hunt's revised explanatory memorandum, he claims "Schedule 9 of the Bill relates to Recommendation 17 of the Royal Commission." However, at no stage did the royal commissioners recommend granting providers immunity from criminal and civil claims. Quite the contrary, the commissioners recommended that people receiving aged care should be equally protected from restrictive practices as other members of the community.

The government accepted this recommendation, but Schedule 9 will remove the civil and criminal protections to which all other Australians are entitled. This is also contrary to the legal and human rights of an aged care resident.

This adds to an ever growing list of the deceitful behaviour of the Coalition government regarding aged care:

- The government continues to throw large amounts of taxpayers' money at aged care providers but refuses to tackle the systemic reform that is needed.
- Greg Hunt, Minister for Aged Care, gave his word that all residents and staff in aged care homes would be vaccinated by Easter but fell well short of that target
- Senator Richard Colbeck, Minister for Aged Care Services, was unable to recall how many residents in care had died from Covid
- Dan Tehan, Minister for Trade, did not include an exemption for aged care in the recent Regional Comprehensive Economic Partnership (RCEP) free trade agreement
- Hunt has given the home care sector an extra \$6.5 billion over next four years without putting in place any accountability measures to stop the rorting of the system Maybe most indicative of the neglect of the aged care sector by this Government is how the federal Health Department released the "7th edition" of the Updated National COVID-19 Aged Care Plan when there was no 1st, 2nd,

The bill is now with the Senate to ensure that aged care residents are stripped of their legal rights.

Words: Dr Sarah Russell

MichaelWest Media Independent Journalists

3rd. 4th. 5th or 6th edition?





Lizzie conducting a beach clean-up with ocean loving Nippers

Take 3 for the Sea

If someone asked you to describe the beach, what are some words that come to mind? Sand, salt, sun, waves? There is an endless list of beautiful words. Unfortunately, there is one nasty word that jumps straight to the front of my mind. Plastic. Plastic pollution is slowly and sadly becoming a common part of the beach. There is no way you can go to a beach now, and not find litter. Bottles and plastic wrappers are scattered in the dunes and microplastic is hidden in the sand. We all know plastic doesn't belong on our beaches, but how do we even begin to tackle the enormous task of preventing this from happening?

Introducing: **Take 3 for the Sea!** Take 3 is a non-profit
organisation leading action on
protecting oceans, with a mission to reduce global plastic
pollution through education
that inspires action. Their
simple call to action encourages individuals to Take 3
pieces of rubbish before
leaving the beach, waterway

or... anywhere. Their global #Take3fortheSea campaign has seen over 30 million pieces of rubbish removed from the environment so far and has sparked community action in 129 countries.

Take 3 spread this message through a range of education programs, and I am so excited to share our latest initiative with you. With the support of the NSW Environment Protection Authority (EPA) through the Community Litter Grant program, Take 3 have a new Surf Lifesaving Club (SLSC) program. The new Take 3 SLSC program is now completely online, making it easier than ever for surf clubs to access. The program empowers SLSCs and their members to be part of the solution to litter prevention by providing access to educational and practical resources.

I am a member of Newport SLSC. Being part of the surf club has given me so much, including a deep respect and love for the ocean that surrounds us. The ocean has brought our surf club community together, allowing us to connect and enjoy our passions together. I feel I have a responsibility to give back to and protect my beach. As surf lifesavers, we have been there for people at the beach who need our help, but now it is the ocean that needs our help.

The Northern Beaches are home to 21 surf clubs that connect thousands of people to the ocean. These surf clubs sit on the front line of ocean pollution and have the potential to make significant positive change on this issue. Îmagine how much litter we could collect and prevent from our beautiful beaches if we all work together on this issue! We really do have the most beautiful beaches on the NSW coast (maybe even Australia!) and they deserve to be protected.

Take 3 is offering FREE clean up kits to the first surf clubs that partner with the program. The program offers four levels of partnership for surf clubs to choose from:
Bronze, Silver, Gold and Local Litter Champions. This gives surf clubs the freedom to start small or jump straight into taking positive steps towards litter reduction.

Words: Lizzie Welborn

If you are a surf club member and would like to partner with the Take 3 program, please contact me at slsc@take3.org

For more information on Take 3 and their other initiatives, go to www.take3.org

For information on the EPA, go to www.dontbeatosser.
epa.nsw.gov.au/

This is a Waste Less Recycle More initiative, funded from the waste levy

How do we restore trust in politics?

A key ingredient in repairing trust in our democracy is the establishment of a strong Federal ICAC.

Trust is the glue which keeps society together, the glue that builds alliances and partnerships, and yet it has fallen to an all-time low in Australia. The Ipsos Global Trustworthiness Index reports trust in politicians is at 10 percent – State and Federal alike. This is hardly surprising.

Recent years have provided a surplus of examples of questionable conduct by decision makers and government. In his address to the National Press Club, Geoffrey Watson SC detailed what he described as a "short list" of corruption allegations from the last six years, amounting to nearly \$6.8billion of taxpayer money that may have been misused for personal or political gain.

People sometimes dismiss pork barrelling as "just the way politics is done". The minute you condone spending of public money for anything other than the public good, with projects and spending no longer assessed on a basis of merit and need, you're on the slippery slope of corruption.

We need to act now to restore trust in our democracy, our parliament and in the public service. A key ingredient in repairing that trust is the establishment of a strong Federal ICAC, a body which is independent, independently funded and most importantly a true ICAC - one with teeth!

The Morrison Government's proposed Federal Anti Corruption Commission will protect politicians, holding them to a lower standard, their conduct shielded from scrutiny. Not good enough. We must expect more from our politicians.

A Federal Integrity and Anti Corruption Commission must have broad scope to investigate both criminal and non-criminal misconduct, especially the misuse of public funds and abuse of public trust.

A Federal ICAC must have the powers to hold public hearings when this is necessary and an effective means of investigation. It is in the public interest to do so.

A Federal ICAC must be accessible, allowing members of the public and whistle-blowers to raise matters for consideration without fear of



Zali Steggall in Canberra, pushing for a Federal ICAC

prosecution or reprisal. In case there was any doubt about the need for this, the inquiry into the Obeids began as a result of an anonymous tip off from a public pay phone.

One of the key arguments against a Federal ICAC that Coalition MPs often raise is the exposure and risk to reputation of public hearings. Such hearings are no different to royal commission hearings. They are not a court, simply an investigative process.

I certainly did not hear the chorus of complaint about impact to public reputation during the banking royal commission, although the Coalition did everything possible to prevent that taking place. The Prime Minister was certainly not worried about inflicting reputational damage on the NSW ICAC in his recent public comments.

Questioning its integrity and purpose was outrageous and wrong. It was no surprise he chose to take this action in the chamber during question time though, the 'coward's palace', where parliamentary privilege allows politicians protection, yet another advantage the everyday citizen isn't granted.

Regardless of the Prime Minister's position, Australians have made their position clear, as have countless locals I've spoken with all over the Warringah electorate. An overwhelming 81 percent of Australians want a Federal ICAC. They want it now. They wanted it three years ago, when Scott Morrison made his election promise. If trust is indeed the glue that keeps democracy intact, a Government that continues to rail against an ICAC simply won't stick.

Words: Zali Steggall MP, Member for Warringah

Silicon Brooky

Project Blank

Towards the end of 2018 Mitch Avakian had an idea while out in the water, surfing at Bungan Beach. With over a decade's experience working in the surf industry, building up his own business that served as a conduit between surf brands and surf retailers, Mitch was well versed in every element of surfing as a commercial enterprise, fully aware of the strengths and weaknesses inherent in the overall business model.

And much like Archimedes long before him, Avakian's Eureka moment required immersion in water, and perhaps the sight of a perfect lefthander rolling round the headland may have sparked inspiration too. Unlike Archimedes, Mitch didn't run naked through the streets expounding his epiphany, he instead rode a gorgeous wave from the shadow of Bungan Castle, past Danga Rock, and all the way to the beach, before racing up the Everest-imitating hill, and straight home to get to work.

"I wanted to set up a new surf & lifestyle company that minimised all the waste components the surf industry had become burdened with," Mitch says. "I wanted to create products that took advantage of renewable-based sources and weren't reliant on fossil fuel-based inputs, but I also wanted to sell direct to the consumer, ensure the best quality wetsuits and surf hardware could become far more affordable."

Project Blank went from idea to reality when Mitch was able to source wetsuits made of plant based and limestone, alternative rubber options, as well as complete all the software hard yakka of getting the distribution channels in place for selling direct to consumer, allowing the wholesale and retail markups to drip from the wetsuit's final cost and flow into the buyer's savings.

"Once I was certain the wetsuits manufactured of renewable products were just as good, if not better than the traditional wetsuits derived from petrochemical-based materials, I had a huge confidence boost. And then, seeing there was real demand for the wetsuits too, was the confirmation we needed."

With these crucial factors in place, Mitch took Project Blank further down the sustainable business model path. "Our motto is, 'The only footprint we want to leave is on the sand.' So, from our warehouse to your door, every



Project Blank Founder, Mitch Avakian, ready for product testing

decision we make is made with environment and community in mind."

Mitch partnered with Ecologi Forests who plant a tree and offset 10kg of carbon with every Project Blank order placed through the site. He teamed up with Seabin, removing 1.2kg of waste from the ocean with every order placed. All Project Blank wetsuits are manufactured in a green facility equipped with solar panels. This generates over 6 million kilowatts of energy per year, saving 130,834 trees annually and over 7 million kg of Co2 so far.

All Project Blank packaging is made with plant-based, biodegradable materials which break down in 3-6 months. Keeping your order safe and sound, these bags are securely packaged in recycled cardboard which can be recycled easily from home.

Project Blank has created an "Afterlife Program" whereby customers can return their used wetsuits to be upcycled and recycled into other products, while netting the consumer a discount on their new purchase too.

In three years, Project Blank has gone from an idea riding a lefthander at Bungan, trapped in Mitch Avakian's grey matter, to a thriving, sustainable Northern Beaches business.

PROJECT BLANK 🕝							
Wetsuit Vests	from \$109.95						
Boardshorts	from \$59.95	阿拉尼					
Steamers	from \$309.95						
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Project Blank is giving away a new steamer!! In 50 words or less, tell us what new sustainable product you would like to see PB make in 2022 and why. Email your ideas to liam@thetawnyfrogmouth.com.au

Words: Liam Carroll



WWW.PROJECTBLANK.COM.AU



Local Artist

Steve Skinner

How long have you lived on the Northern Beaches? All my life, apart from ten years I spent living in Europe. I was born and bred on the Northern Beaches and wouldn't want to live anywhere else in Sydney.

What's your favourite beach on the Northern Beaches? Shelly because that coastal walk reminds me of the Amalfi coast, where I spent my honeymoon. It also has surf, restaurants, live music and my favourite locals. Bungan is my favourite surf beach.

What's the best thing about the Northern Beaches? It has such a relaxed, community feel to anywhere else in Sydney. The beaches are insane, and the people are what makes it amazing. You can spot people of Northern Beaches from anywhere. Especially over seas.

If you had to live anywhere else in the world, where would that second-best place be? Bangalow, west of Byron Bay.

What's your favourite place to eat, drink or hang out? Easy, that's Hugo's. It has the best service, atmosphere and food. I always have a good time and I'm always satisfied.

What inspired your cover artwork? That would have to be the unique colour and shapes of the beautiful sandstone the Northern Beaches is built on. From beaches to headlands and rock formations, it's something that we're surrounded by every day.

What inspires you in general? I love creating works that compliment a room, and add colour and emotion to the interior styling. I will almost always choose my colour pallet before I do anything else, and go from there. Other inspiration comes from past and present artists. Which artists (or other inspiring people)

Which artists (or other inspiring people) would you most like to have dinner with and why? Good question, I'd have to say Picasso as I'd definitely take away some pointers haha. Ricky Gervais - to remind me not to take life too seriously, just have fun and it'd obviously be a laugh. And probably Tiger Woods - I need to brush up on my golf game. Lastly, Michael Jordan. That mindset he has is incredible.

What is your favourite part of the artistic process? I like having the freedom to make art up as I go. I don't like being confined to a specific agenda.

How did you discover you had a gift for art? It's something I've always done. Creativity runs in my family and my son Charlie who is 4, already loves to draw. I've painted for as long as I can remember, and for me it's a form of meditation.

What else are you working on at the moment? I have an exhibition in Newport at the beginning of March at the Michael Reid Northern Beaches Gallery. I'm also collaborating with Designer Boys who specialise in high resolution wall art prints.

What's your favourite thing about what you do? Finishing a piece and seeing it hung in a room. How can people buy and support your art? My work can be purchased through my website www.steveskinner.net or contact me on Instagram @steveskinner_art What advice do you have for young or aspiring artists? There will be times of setback and times your imagination will dry up, which is normal. Be persistent. You can't teach creativity, it's something you're born with so use your talent and don't be afraid of what

others think of your ability.

Any other words of wisdom for our readers? I think everyone should have a go at painting. Getting creative in any form is a great way to release stress and best of all, it's fun!

Do you have a suitably pretentious quote to impart? Not sure who said it but it's on a coffee mug my wife bought me. It reads, "Do more of what makes you happy". I also like this quote from a movie, "When life gives you

lemons, just say fuck the lemons and bail".

Interview: Quyen Hutchinson





Thank you

After 40 years in private practice I have decided to have a long holiday.

Thank you for all your support over the many years.

I look forward to catching up on the beach, the walkways or at the shops.

Have a wonderful Christmas and best wishes for the New Year.

Ina van der Merwe

02 9948 7818 | balgowlahdental@gmail.com www.balgowlahdental.com.au



HAWKER launch from the underground



HAWKER - Chris / Jay / Jefferson / Ish

Occasionally a song comes along that has such a seismic impact that it changes people's lives forever. For Northern Beaches resident Jefferson Grainger, that song was Nirvana's "Smells Like Teen Spirit", which undeniably shifted the cultural landscape when it was released on September 10, 1991.

"Smells Like Teen Spirit' was on Rage, and my jaw-dropped - my ears couldn't comprehend what I was hearing, it blew my mind," Grainger recalls. "My Mum was in the car beeping the horn for me to come out, and I was ignoring it - no other sound was entering my brain. I was transfixed."

An impressionable 13-year-old at the time, Nirvana inspired Grainger to pick up a guitar and teach himself to play, a life-changing decision that led to him forming punk-funk band Bastian in his 20s with a friend and younger brother Chris, the trio going on to play hundreds of gigs before the usual suspects - marriage, kids, holding down a "real" job - led to the group's dissolution.

Cut forward to 2021, and

with the pandemic slowing down business for his video production company, more time at home due to Sydney's lockdowns, and his two kids at a more manageable age, Grainger found himself in the unexpected position of being able to grab his guitar and reignite his dormant creativity for a second crack at band life.

"The perfect storm of being in a lockdown, plus coming out of that zombie stage of parenthood when your kids are really young, meant that I had time to go into the band room in my basement and do some writing," he says. "My plan was to create a project with a DIY, punk rock ethos, and for us to record in the basement and make our own merch, and build an audience from the ground up."

With new songs written influenced by the likes of Tool, The Bronx and Refused, Grainger again recruited his brother Chris on bass, as well as friends Ish Karunanayake (lead guitar) and Jason Robertson (drums) to form Hawker, a band whose music very much harkens back to the heavy rock that Grainger fell in love with as a teen.

With the quartet cutting its teeth on Nirvana covers and a slew of originals, plus a nagging itch to play live, Hawker made its unlikely debut during a lockdown gig in Grainger's basement.

"It was like a house party," says Grainger. "It was when we could have 20 people over, so it was a small, but very fun, basement gig."

Now that they've put some music out into the world — double A-side "Bot Noxious" /"Chaka", the first taste of an upcoming full-length — Hawker are ready to play what Grainger calls "a real gig with a real PA", debuting at a time when the hunger for live music is at fever pitch.

"I feel like it's just gonna pop," says Grainger. "I think people have almost forgotten how good live music can be, because it's been that long. I feel like everyone's gonna go crazy for it, and luckily for us, our music is best consumed live."

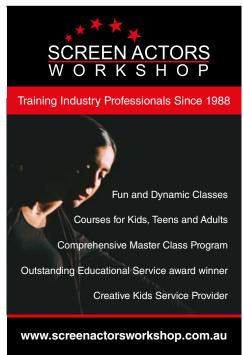
Grainger thinks his teenage self - the one that heard Nirvana for the very first time - would be pretty happy with how things have panned out.

"Finally, I've been able to write music that my 13-year-old self would want to go pick up that record, and go to a show to see it played live, and that was the goal," he says. "Writing and playing punk music that is still relevant and has something to say".

Hawker launches its new single "Balboas" at the Old Manly Boatshed, Saturday February 5 at 7pm.

Words: James Jennings









30 The Tawny Frogmouth January 2022 31

PHOTO: CAMERON SPENCER



Joshua and a body of work devoted to post-war Australia

Zen & the Art of

Suburban Australiana

When many of us saunter the streets of Dee Why, Brookvale, Narraweena or most suburbs on the Northern Beaches, a deep and profound appreciation of 1950's and 60's residential architectural splendour is perhaps not the first thought that springs to mind. But for Dee Why's **Joshua 'Coppo'** Copland-Nielsen, these are precisely the meditations he's consumed with.

As Josh explains, "Every time I see a new fence pop up around a 1950's or 60's home, with a vellow notice of doom development application proposal gleaming out to the street, it just hurts to know the home will soon be demolished, its history gone forever."

For this reason, the strapping, young, bearded artist and printmaker, currently studying a Master of Fine Arts at the National Art School, has created an ongoing series of artworks dubbed, **Suburban** Australiana, devoted to ensuring the homes are

etched forever in his work because, "These homes are disappearing so quickly, the fast-erasing post-war home, cast to the scrap heap as new owners move in to complete knockdown rebuilds, often with the passing away of the very people who built the homes in the first place."

So, if you see a young man in pristine 1960's fashion eveing off your home, it's most likely Josh. In order to capture and document as many homes as possible before they're gone, he's a prodigious walker, carrying his camera with him to photograph many homes locally. "I feel it's imperative to archive and document these places, and then represent them through my artwork at a later stage when I get the chance."

Josh's works consider the narrative and personality a home absorbs within its lifetime. Through an appreciation of fly wire doors, railings, roof tiles, chimneys, picket fences and more, he represents

the Australian lifestyle and landscape that ties to those personal nostalgic traits we share within the 20th century home. "The archiving of these homes is invaluable to the individuality of our local history and sadly something that lacks attention."

A sentimental bloke through and through, Josh has a very personal connection to the artworks he's creating, having nursed his mother in her final days before succumbing to cancer in precisely the sort of postwar Dee Why home he holds in such awe.

"The home, to me, in essence is a ghostly life form that embodies our landscape, much like an inanimate tree that creeks and moves, but never says a word more. In the home we experience times of sorrow, applaud and appreciation, especially to those childhood memories that we link to our nostalgic interests."

Josh's delineation of Suburban Australiana takes place in a yearn to champion those parts of the Australian landscape that lack a sense of portrayal due to their demise in a modern period that chases new economies of space. "I'm hoping to ensure the appreciation, aesthetic and mystique of the Australian suburban home is represented and heard. These works capture the actual personality of the Australian and their currently dissolving landscape."

To see more of Joshua's Suburban Australiana series, as well as his other artworks. visit joshcoppo.com and follow @i.coppo on Instagram

Words: Liam Carroll

January 2022 tide chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31					1	2
0144 0.45					0100 0.42	0153 0.41
0820 1.97					0736 1.91	0830 2.01
1508 0.20					1421 0.27	1516 0.18
2103 1.42					2015 1.41	2112 1.42
3 •	4	5	6	7	8	9
0246 0.41	0340 0.41	0433 0.43	0527 0.48	0044 1.38	0136 1.37	0229 1.38
0923 2.06	1015 2.07	1106 2.02	1156 1.92	0621 0.54	0716 0.61	0815 0.68
1610 0.14	1701 0.15	1752 0.19	1841 0.27	1245 1.78	1333 1.62	1424 1.46
2207 1.42	2300 1.41	2352 1.40		1929 0.36	2015 0.44	2059 0.52
10 • 0323 1.39	11 0417 1.43	12 0511 1.47	13 0601 1.53	14 0007 0.63	15 0053 0.62	16 0135 0.60
0323 1.39	1033 0.74	1145 0.72	1248 0.65	0647 1.59	0730 1.65	0811 1.70
1518 1.33	1620 1.23	1727 1.19	1829 1.18	1338 0.58	1420 0.51	1458 0.45
2145 0.57	2231 0.61	2319 0.63	1023 1.10	1922 1.20	2008 1.24	2048 1.27
17	18	19	20	21	22	23
0215 0.58	0254 0.55	0332 0.54	0411 0.53	0451 0.53	0534 0.55	0040 1.38
0849 1.75	0927 1.78	1004 1.80	1041 1.80	1118 1.77	1157 1.72	0622 0.58
1533 0.41	1608 0.38	1644 0.37	1718 0.37	1755 0.37	1831 0.39	1238 1.65
2126 1.29	2201 1.31	2238 1.33	2316 1.34	2356 1.36		1911 0.41
24	25	26	27	28	29	30
0127 1.41	0218 1.45	0315 1.50	0417 1.57	0522 1.67	0625 1.77	0045 0.50
0715 0.61	0816 0.64	0929 0.64	1050 0.60	1209 0.51	1317 0.39	0724 1.88
1324 1.55	1418 1.44	1524 1.35	1642 1.28	1800 1.28	1910 1.31	1415 0.28
1954 0.45	2042 0.49	2137 0.53	2239 0.54	2344 0.53		2010 1.36



Property & Finance

Loan market update

Residential Borrowing

In residential borrowing markets, NAB has joined ANZ and CBA in adding massively to their longer-term fixed rate mortgage prices, citing an expected increase in the bond market cost of funds next year, rather than an insatiable need for immediate easy profits right here, right now. Borrowers can still enjoy the low cost of funds available from the pool of lenders who've not followed the Big 4's visionary lead.

The most compelling offers in the residential borrowing market are:

- Principal and Interest fixed rates for owner-occupied home loans are still below 2.00% in some cases.
- Principal and Interest fixed rates for investment loans are as low as 2.10%.
- Owner-occupied variable rates are as low as 1.99%.
- Investment variable rates are as low as 2.09%

Commercial Lending

Self-employed customers have sought refuge in the commercial lending world, where guidelines have been relatively unaffected.

Notable offers in the commercial space are:

- Companies can borrow money without offering up any property as security. This is often achieved by a GSA (General Security Agreement), which allows the lender to take security over the assets within the business.
- Interest rates on this type of arrangement can be as low as 2.5% p.a (P&I) or 2.8% (IO)
- · Commercial rates have converged on residential offerings in recent years, which has allowed businesses to make much needed expansion post-Covid without having to rely on government subsidies.
- Those who have a property to be used as collateral can tie it in with the application which will mean the bank can reduce the rates further to match or even become lower than the bank's residential rate offering.

To best showcase the great results available through commercial lending channels, the following two scenarios showcase what's possible.



Scenario 1: To assist with the refinance of an existing bank and related party loans, a commercial term loan with a \$2,190,000 facility amount was taken out, based on a valuation of \$3,650,000. The 5year loan comprised interest only repayments with a 60% loan-tovalue ratio, an indicative rate of 2.39%, maximum 60% LVR. lender establishment fees of 0.30% and transaction costs of \$5,000 for valuation, legal, doc prep and disbursements. With this lending facility in place, the client was able to release a further \$250,000 in equity from his current loan facility, while saving over \$10,000 in annual interest repayments.

Scenario 2: In order to refinance a NAB loan of \$260,000, and a NAB fit-out loan of \$510,000, plus fit-out of new premises for \$500,000, a client took a 5-10year commercial term loan with a facility amount of \$1,270,000. The loan comprised principal & interest repayments at a 3.00% indicative rate, max loan-to-value ratio of 100%, lender establishment fees of 0.40% and \$500 of transaction costs for valuation, legal, doc prep and disbursements

This client was able to borrow \$1,200,000 without using their residential security, as the loan was simply secured against the assets within the company.



Loan Health

Check Your

Words: James Leader, Shore Financial. If you'd like to know more, email James at jamesleader@shorefinancial.com.au or call **0450 029 418**



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e: jamesleader@shorefinancial.com.au m: 0450 029 418





Check Your Loan Health





Cellabs staff testing Covid-19 antibody levels

Immunology, where the action's at!

During the Covid-19 pandemic, there's not only been an enormous increase in demand for immunologists' expertise, but they have also experienced a new state of being on demand. On demand to politicians, public health officials, media, and the wider medical community. Previously we would've seen some sort of deputy figure at the side of a nation's leader at a press conference. Now, it's an immunologist or epidemiologist standing shoulder to shoulder with the US President or Australian PM.

Brookvale scientist Dr Anthony Smithyman shares in his surprise and delight at this shift in focus. "[Now] immunologists are at the highest level of government," he says. "Every time you turn on the television, standing beside presidents or prime ministers is an immunologist. As a grizzled and battle-scarred immunologist, I'm astonished but gratified."

Clearly Covid-19 has been a major contributor in catapulting immunologists onto the communications front line, however Dr Smithyman explains there's been a longer road of scientific and community acceptance. "When I was studying in the early 1970's, immunologists were considered slightly edgy by the scientific community. People would invite us to dinner parties, but they wouldn't let us go out with their daughters, but gradually we've become more and more acceptable."

The once niche field has felt the global limelight not just from the scientific community, but from the general public. Those who may not have paid much interest in science since

high school are now fully engaged. "It's amazing how interested the general public have become in understanding their own immune systems," says Dr Smithyman. So much so, approximately 500 Northern Beaches residents have been volunteering as participants in a Cellabs-led study, gathering data on Covid-19 antibodies and testing.

Dr Smithyman shares some initial findings around how immunity can differ by vaccine type, sex, and natural vs. acquired immunity. "There's a slight, marked difference between sexes. Some men seem to respond better [to the vaccine] than women." Dr Smithyman confirmed this was regardless of age and type of vaccine and came as a surprise.

On vaccine variations, the Cellabs study of locals' immunity shows similar findings to elsewhere. "We saw very clearly that the levels of antibodies generated by the AstraZeneca (AZ) vaccine were lower than the Pfizer," says Dr Smithyman. But he stresses, this does not mean that the AZ is inferior. "It now turns out that AZ seems to have longer protection [than, say the Pfizer]. The Pfizer gives a very quick burst of antibody and then it starts to drop off. AZ is delivered in a different way and seems to last for longer."

But what does this local trial tell us about Covid-19 immunity through infection or vaccination? Are they equal? The short answer is that there will likely never be parity between the two, as every human is different. However, Dr Smithyman explains, "People who have naturally acquired immunity from Covid-19 proved to be really interesting. Not everybody starts at zero. If someone's had a case of Covid-19, they've already been primed by the real infection. When they get at least one shot of vaccine, the vaccine is triggering the memory to that infection and their antibody levels go through the roof. This is a good thing as it means they're highly protected."

As with all research, it is not always clear cut and takes time for findings to develop. However, what is clear, is the vital role immunologists play in protecting us. It's likely the case that immunologists have always been cool, we've just started paying them more attention to notice.

Words: Katie Cambridge

The information provided in this article is for educational purposes only, and does not substitute for professional medical advice. Consult a medical professional or health-care provider for medical advice, diagnoses, or treatment.



Join a support group in 2022

Sometimes it can be helpful to find support where there are others who have similar experiences. At Lifeline Northern Beaches there are a variety of support groups designed to give practical tools that may improve mental health and wellbeing. Each group is facilitated by qualified and experienced counsellors and is supportive, respectful and confidential.

"Group members can be hesitant at first about sharing their feelings and experiences," says Barbara Stenhouse, Counselling Manager at Lifeline Northern Beaches. "But often participants will find that their own experiences are similar to others and by sharing their personal story they feel more connected. There is an opportunity to learn new ways of dealing with difficult feelings and emotions."

In the new year, Lifeline Northern Beaches has spaces available in support groups for the following concerns:

- Grief and loss
- Caring for a suicidal person
- Managing emotions for people with mild to moderate anxiety or depression
- Anger management for men
- Moving forward after domestic violence for women

Lifeline Northern Beaches has also created a new social support group for people aged 60 years and over. "We have found that there is a growing sense of people feeling isolated in the community, particularly for the elderly. This has been exacerbated by the pandemic," says Barbara.

With funding provided by the Rotary Club of Balgowlah, the new support group aims to create a safe place for older citizens to share experiences and coping strategies with a focus on wellbeing and coping with late transitional changes, including grief and loss.

"Feedback from our support groups is extremely positive, with many friendships formed and support networks created," says Barbara. "We also find that support groups are a positive addition to individual counselling."

Lifeline Northern Beaches' support groups are typically free, though there are participation requirements and some eligibility criteria. Find out more about support groups and counselling by visiting www.lifelinenb.org.au/get-help

Words: Lifeline Northern Beaches

Support Groups

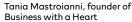


Sometimes the best way to work through an issue is by connecting with other people who can relate first-hand.

Find out more by scanning the QR code.









Baby Tania and her Special Bear

Business with a Heart

In utero, Tania Mastroianni was diagnosed with a rare congenital heart condition. Before she'd taken her first breath, severed ties with her umbilical cord, or even been given a name, she was given a 2% chance of survival. Within the first 6 months of Tania's life, she underwent three open heart surgeries, had heart failure, a stroke. was paralysed on her left side, and had been fitted with a permanent pacemaker. Her heart kept beating. Her doctors kept operating. Her family kept believing.

When it was time for Tania, not yet one year old, to celebrate Christmas with her family, unsurprisingly, she was camped in hospital. Without a gift for her courageous daughter however, Tania's mother Connie was suddenly overwhelmed. "The exhaustion, the feeling of despair, it all hit home because it was Christmas." Connie recalls. "But that lifted instantly when the staff gifted Tania a Special Teddy Bear. She held that bear tight in her arms. It was the greatest Christmas gift I could have imagined."

Tania would undergo a further seven operations. Throughout them all, every visit to hospital, that bear was always there. As Tania says, "Growing up, having to go in and out of hospital so often, this bear became my protector and symbol of hope. Even the doctors knew its name."

Today, Tania Mastroianni is an inspiring young woman, the founder of Business with a Heart, determined to bring joy and happiness to those in our community living with an incurable disease.

"Business with a Heart started during the initial 2020 Covid lockdowns," Tania says. "It brought back memories of what it was like as a child being sick in hospital. It's a traumatic experience, but as I reflected on my hospital stays as a child. I remembered the fun, love and hope that I felt, and how the gift of a Special Bear meant the world to me."

Tania started doing Virtual Kids parties to help kids

through lockdown, in which kids received their very own Make a Special Bear Friend pack. Every party, she donated a Special Bear to the HeartKids Charity to be given to a sick child undergoing heart surgery. Money from every party was also donated to Starlight Children's Foundation.

In June 2020, Tania was asked to be NSW Ambassador for HeartKids Charity, sharing her story and connecting with many local families, businesses and young adults who have been affected by this incurable disease.

"With many in the local community wanting to support, I started Business with a Heart, launching the Bear Sponsorship Initiative, enabling individuals and businesses the opportunity to give back, by sponsoring bears to bring joy and happiness to any child in need. My aim is that one day every sick child will be able to receive a bear when they get admitted into hospital, like a rite of passage, and ulitmately lessening the trauma they experience."

Tania is also organising community events, such as a Teddy Bears Picnic in late January on the Northern Beaches, to raise funds to sponsor more bears for sick kids in hospital. There will also be other events during the year. "I know how important that bear was for me, and I would like to give back by providing a bear to every sick child that is admitted into hospitals around Australia."

Words: Liam Carroll

If individuals or businesses would like to support Business with a Heart: email info@businesswithaheart.com, visit www. businesswithaheart.com, and follow @businesswitha.heart on Instagram and @bwitha.heart on Facebook



Health

Heavy menstrual bleeding, a problem with many solutions

I often wonder why some women suffer so much before reaching out for help for this common and much under-recognised condition, affecting up to 1 in 4 women of reproductive age.

At times they may have felt the HMB will resolve spontaneously, especially if perimenopausal. Some are encouraged to 'put up with it' by family and friends. Others are fearful of using hormones or anything perceived as artificial.

Generally, they are simply too busy. Many are champions in caring for everyone except themselves.

Heavy menstrual bleeding (HMB) is defined as excessive menstrual blood loss that adversely interferes with the physical, emotional, social and / material quality of life. The traditional definition is menstrual loss more than 80mls/cvcle.

It is frequently associated with endometriosis, adenomyosis &/or uterine fibroids, although there may be no obvious underlying cause in some women. About half of women with HMB report significant pelvic pain. HMB can lead to iron deficiency anaemia, adding to fatigue, plus the understandable anxiety around menstrual hygiene of the heavy vaginal loss.

The Australian Commission on Safety and Quality in Health Care, in 2017, published national HMB standards, with an aim to streamline and improve women's health across the country.

As a clinician, I find the

management of HMB really rewarding, as what you do tends to make a positive difference.

There is a diagnostic angle; what is the likely cause of this condition, and how do we check to ensure there is no underlying malignancy or premalignant pathology in the uterus? There is also a therapeutic angle: how do we 'close the menstrual tap' and replace iron losses? A pelvic ultrasound is helpful in identifying uterine abnormalities.

Some of the issues to consider include:

- Is fertility desired?
- How does this affect quality of life?
- · Are there any associated peri menopausal symptoms, which include hot flushes, night sweats, vaginal dryness?

Management options include:

1. Medication based (hormonal/non-hormonal)

- Medications like mefenamic acid (ponstan) can reduce HMB and pelvic pain.
- Oral contraceptive pill
- Levonorgestrel (marina) intrauterine system is a T-shaped plastic intrauterine system (IUS) that is placed in the uterus where it slowly releases the hormone and offers both contraceptive and menstrual minimising benefits. Progesterone can also be administered orally, just under the skin (Implanon) or as an injection.
- · Tranexamic acid



Dr Talat Uppal

2. Radiological intervention

• Uterine artery embolisation

3. Surgical based

- Hysteroscopy (look inside the uterus) and endometrial biopsy (sample the lining to assess what is going on), it may be suitable to remove any polyps or fibroids.
- Endometrial Ablation (an alternative to the definitive treatment hysterectomy)
- Hysterectomy (generally a last resort option, or if pressure symptoms from an enlarged uterus from significantly sized fibroids etc) Please see your general practitioner if you are experiencing heavy menstrual bleeding. There is a lot of help.

The options all have pros and cons and at times we try a different one if the initial selection you choose does not work as well or if undesirable side effects occur.

Every day I hear from women who have decided to treat this condition. 'Why did I not do this earlier?'

Words: Dr Talat Uppal Dr Talat is the Director of Women's Health Road at Frenchs Forest, Clinical Senior lecturer at University of Sydney, and VMO at Northern Beaches Hospital



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The Love Scout

Heartache epidemic

Longer lifespans and relationships based on romantic love have created an epidemic of heartache and breakups.

To understand the modern epidemic of heartache, we must first zoom out and consider two key aspects that have changed the way we relate to one another. Firstly, when we look at the history of marriage, reasons for engagement were most often to consolidate wealth or increase status, social power or access to resources. People married to have a better life. It wasn't so long ago that the number of pigs you owned was a key factor in determining who you would spend the rest of your life with. The idea of marrying for romantic love is a very new concept in the grand scheme of things.

Secondly, we need to consider our own evolution. In the 1880s, life expectancy in Australia was around 50 years. As such, people partnered up, raised children, had a couple of years to relax and then they died. Life was simple. In less than 150 years, we have seen the life expectancy increase by more than 60% (over 30 years!). These two factors cannot be understated when trying to understand modern relationships.

So, what happens to a society that bases its relationships on romantic love when we have an extra 30 years to live? What happens after we raise the children and realize we are no longer in love with our spouse? What happens if we fall in love with someone else? We are currently amidst this uncharted social and evolutionary territory, and one unexpected and savage consequence we face is the suffering of heartache. Not only are we a pain avoidant species, we have such little capacity for heartache because of our lack of exposure, limited skill set in emotional regulation and toxic culture around romantic co-dependence. When we broadcast a belief that we need another person to complete us, the fallout when they leave us can thrust us into a deep and dark existential crisis.

If you have ever had the experience of the person you love turning around and saying "I don't want to be with you anymore, or I don't love you anymore" you may know the blinding pain of having your heart ripped out of your chest, the air sucked out of your lungs all



Who keeps the cat?

whilst being repeatedly punched in the gut. Breakups, separations and divorces often cause deep despair, confusion, pain, depression, anger and loneliness, and though the experience is all too common, we are yet to find a cure for this condition.

To make matters more troublesome, the impact of technology on romantic relationships has shifted the landscape of dating into one of superficiality and disposability. The frequency and intensity of rejection that people now face is at unprecedented levels, and the cost of the casual swipe is the collective erosion of self-esteem amongst men and women alike. The de-personalization of apps makes it easy to forget that behind most profiles there is a real person and the sheer mass of potential mates makes it impossible for us to have the time to care. Ironically, this de-humanization leads us further away from the thing we truly crave; genuine love, connection and intimacy.

Infinite possibility and limited emotional capacity is a Michelin star recipe for existential pain. This article serves as a reminder that we are currently amidst a great social experiment and nobody really knows how to handle long lives, romantic loves and multiple heartaches. As always, I invite you to keep your heart open, empathy flowing and be gentle to your fellow human.

Words: Scout Smith-O'Leary

Scout is a Matchmaker and Relationship Educator.
Learn more about her upcoming dating workshops at
www.schoolofconnectionsvdnev.com



Meet my new "bestie"

Mal's Wild Side

Who let the cats out?

In the dead of night, our local wildlife faces a life or death struggle to survive

Long nosed Bandicoots had totally disappeared from my Northern Beaches suburb. But they had made a gradual comeback after a forty-year absence (some think due to fox control). I wanted to provide a habitat for these cute little Aussie battlers, so I began planting more native grasses and shrubs in my backyard. Amazingly, after more than a decade of futile expectation, I captured one on my motion sensitive, infrared, wildlife camera. It was a noticeably pregnant female with a big bulging pouch! My joy was tinged with panic though, because on the same camera, at the very same place, on the same night, three separate cats were also filmed.

Coincidentally, on ABC Breakfast Radio that morning, Wendy Harmer was literally in tears after discovering that one of her resident Bandicoots had been mauled to death by a cat. She was advocating a #catcurfew- something that Knox Council, in Melbourne, have just introduced.

Domestic cats are estimated to kill around 67 million native mammals, 83 million native reptiles and 80 million native birds in Australia each year. Well-fed cats still instinctively hunt and cats with bells on their collars still catch wildlife. Cats also carry a parasitic disease, spread through urine and faeces, called Toxoplasmosis. This can also harm wildlife (and humans).

Environment Minister, Matt Kean has recently established a program, in conjunction

with the RSPCA and several local Councils (including ours) called "Keeping Cats Safe at Home". This is designed to change attitudes and behaviours in the community towards responsible cat ownership- (de-sexing, microchipping and registration is encouraged). The Cat Protection Society agrees that cats should be kept indoors.

"Indoor cats" are protected from a range of potential harm caused by cars, dogs, tick paralysis, secondary poisoning (from rat baits) and the feline immunodeficiency virus (caught from fighting with other cats). And, as a bonus, owners get reduced vet bills. There are some wonderful outdoor enclosures on the market from companies such as catnets.com or catmax.com

Unfortunately, there is currently no legislation around preventing domestic cats roaming, except under the Companion Animals Act, which allows for cats to be prohibited from entering designated Wildlife Protection Areas. This is unless a cat is declared a "Nuisance cat" with evidence of harm to other animals. Any further restrictions within an LGA would need to come via a Council ruling (although the courts have banned cat ownership in some developments such as Madison Way at Allambie Heights).

But back to the Bandicoots. They are nocturnal marsupials that live for about 2.5 years and feed primarily on beetles, ants, larvae, fungi, roots and shoots. Their gestation period is the shortest of any animal (only 12.5 days) and in a good year, they may have up to four litters of 1 to 5 young.

A Murdoch University study has found that native digging animals (such as Bandicoots) play a key role in promoting eco-system health. Their activities increase soil nutrition, seed dispersal and water infiltration. Foraging animals are also credited with reducing bushfire risks by taking leaf litter underground. Incidentally, recent studies reveal that Black Rats and Rabbits are much more likely than Bandicoots to be the primary hosts of ticks.

My garden Bandicoot has since had two gorgeous young. I have letterboxed surrounding streets, imploring them to keep their cats in. My fingers are now well and truly crossed. And for anyone poised to write me hate mail, I actually love cats...just not the ones outdoors, by day or night, in Australia.

Words: Malcolm Fisher

Music with Digz

Is Die Hard a Christmas movie?

It's that time of year again where discussion around every single Silly Season table is focused on the most pressing and polarising topic of our times, what film genre is the John McClane vs German terrorists cinematic masterpiece?

Ladies and gentlemen, ladies and gentlemen. As Christmas closes in on us for the 2022nd time we once again dig up the age-old question, is Die Hard a Christmas movie?

What makes this discussion really pointless is the only people who don't seem to think it is a Christmas movie are those who haven't even bothered watching it. So, let's save some time and get to the point that yes indeed Die Hard is a Christmas Movie, but why? What is it about this movie that makes it so worthy of the festive spirit?

Perhaps it is the subtext of the true meaning of Christmas, bringing family together to overcome the allure of money and materialism that has become so synonymous with the holiday. Perhaps it is the face that it is on Christmas eve, at a Christmas party with everyone celebrating the joy of Christmas. I think you can see where I'm going with this. So, let's get to what Christmas is really all about, the music.

At first glance you'll notice the major uses of Christmas songs throughout the film including RUN DMC's 'Christmas in Hollis', 'Jingle Bells', 'The Ode to Joy' and the glorious finale of 'Let it Snow'. This alone is enough to convince anyone of its celebration of the holiday period. However, when you take a closer look at the music, it is the more subtle pieces where Die Hard leans



Digz enthralled in some Die Hard Christmas viewing

into its Christmas overtones. There are two in particular I will focus on as they run continuously throughout the film.

The first is the isolated vet dissonant sound of sleigh bells filtering through the credits reminding us that it may be the most wonderful time of the year, but a small group of German terrorists are here to try and spoil the party. This runs throughout the entire movie and while filling in the gaps between the more intense scenes, it maintains a darker mood while John tries to return the Christmas spirit to the Nakatomi Plaza and reunite his family.

The second, and my personal favourite, is the subtle yet brilliant use of Winter Wonderland as the leitmotif for the German terrorists aka the bad guys. You'll probably miss this tune the first time, hell even probably the 2nd or 3rd time unless you really keep your ears peeled. It isn't

your typical glorious display of major chords and happy melodies smashing you in the face like an iron courtesy of Kevin McAllister but rather a transposition and modulation into a minor key with a dissonant clash of harmonies to create the dark and brooding mood of our antagonists.

It's the attention to detail used here by Michael Kamen that adds all the Christmas depth to Die Hard, and I challenge anyone to find me another holiday movie that achieves such a feat. Die Hard simply has all the makings of a great Christmas experience. Families are reunited. The hero gets the girl. Presents are given. Coca Cola is consumed. Parties are had. Most importantly, Alan Rickman (rest in peace) is actually punished for his wrongdoing unlike in Love Actually, where the Christmas themes pale in comparison.

Words: Digby Robinson

Film & Food

Chill out this summer

Happy New Year! We are in peak summer so here's some picks and a recipe to help you chill out and relax during the hot days. Launch into 2022 the right way.

tick tick... Boom!

Streaming on Netflix

Aspiring musical theatre writer Jonathon Larsen feels the clock ticking on his life and creative ambitions as his thirtieth birthday looms. He sacrifices everything for his art, living in a deadbeat New York apartment and waiting tables in the hope that his musical will one-day be a Broadway hit. Led by a career best performance from Andrew Garfield and filled with brilliant musical numbers and a stirring story- this is a watch that lingers long after the credits roll. As the year begins this film will get your creative juices flowing and inspire you to give something special to the world in 2022.

Almost Famous

Streaming on Netflix Fifteen year old William is given the chance

to go on tour and write for The Rolling Stones about a hot new band in the early seventies. His exposure to the behind-the-scenes antics of a rock and roll band is full of excitement and disillusionment, a life-changing whirlwind launching him into a whole new life. Quirky, fun and full of sun and music, this is a perfect warm night watch.

Seachange

Three Seasons streaming on Netflix Escape to the quirky and coastal town of Pearl Bay, where big-city lawyer Laura moves her family to become the local magistrate. While her children think this move is a disaster, they all are quickly welcomed and embraced by the tight-knit community. A classic Australian drama, this blast from the past is just as fun to watch today with it's cast of quirky characters, beautiful location and a storyline that expertly balances comedy and drama. Nostalgic, charming and breezy – this is easy summer watching for everyone.

Words: Christopher Roberts
Chris is the author of @filmandfoodpodcast



A creamy, tasty summer treat

White chocolate and raspberry ice-creams

Ingredients (makes six):

230ml Pure Cream
170gm condensed milk
100ml evaporated milk
1 tbs vanilla extract
200gm frozen raspberries
2 cups of white chocolate
Ice-cream moulds, popsicle Sticks, thermometer

Method

1. Place cream, milks, vanilla extract and raspberries in a blender on high for 45 seconds or until starting to thicken on top.

2. Pour mixture evenly into six icecream moulds and add a popsicle stick in each mould so half is sticking out of the bottom. Freeze for at least 8 hours.

3. When you're ready, temper the white chocolate by melting it in a microwave-safe bowl for thirty seconds at a time, stirring after each time. Once melted, heat in microwave in short bursts until mixture is 30 degrees Celsius. Pour into a tall cup.

4. Remove icecream from freezer and from their moulds and place onto a plate covered with baking paper. One at time drop each icecream into the melted chocolate to be completely covered and place on plate. When they are all done place in freezer for an hour.

5. Serve immediately as these melt fast! Enjoy your own summer treat!



Subject Protestors forming a 'line in the sand' **Photographer** Mitch Clark



Subject Spill the Beans book launch **Photographer** Julie Howard



Subject Zali Steggall campaign launch **Location** Balgowlah



Subject Morning frolic at Queenscliff **Photographer** Pete Derrin



Subject Balcony Grogmouths **Photographer** Josh Clements @brewboyjosh



Subject Peregrine Falcom on North Head **Photographer** Suzanne Lawson



Subject School for ants
Photographer Barrie Seppings @barrieseppings



Subject Synchronised swans at Manly Dam **Photographer** Laurie Wilson



Location South Creek Cromer **Photographer** Tomas Pokorny

Gravity is Heartless, and Nostalgia is Heartless too

Sarah Lahey, another Northern Beaches writing gem has written **The Heartless Series**, which consists of two books **Gravity Is Heartless** and the just released **Nostalgia Is Heartless**. I thought they were science-fiction and that's not a genre I've embraced but I was hooked from the first sentence of the prologue in the first book and it just kept getting better. Or worse really because the future Sarah Lahey portrays in 2049, which is when the first book starts, sounds frighteningly unreal and real at the same time.

It got me thinking about the response to George Orwell's 1984 decades after it was published, with many people claiming it to be far-fetched. Fast forward to now and Orwell's portrayal resembles our Zuckerberg-induced reality. Like 1984, The Heartless Series sends a warning to us all about what the future might be if we continue, in this case, to ignore the threat of climate change and abrogate responsibility to governments and corporates.

Gravity is Heartless is a romantic adventure with a "who done it" overlay and touches on enduring themes of greed, envy, friendship, betrayal and love, not just romantic love.

Quinn (a human and a climate scientist) and Trig (a cyborg – you'll just have to read it to know what a cyborg is!) are an unlikely couple who engage in the very current day activity of having unprotected sex followed by pregnancy. It was encouraging to think that procreation hadn't changed in 2049 although there are many more forms of something resembling humans than exist today.

Quinn's famous scientist mother disappears without a trace during a cataclysmic event that Quinn may have unintentionally had a hand in. Grief stricken and determined to find answers Quinn's adventures take her across the globe, from the megacity Unus, where civil war is brewing, to the climate city Harmonia, where cool air is a privilege savoured by the wealthy.

Quinn's world is one where artificial intelligence, gene editing, living forever and quantum computing are reality, sea levels have risen and wiped out the Pacific Islands and much more, clouds have disappeared, and the planet has heated up to unbearable levels.

To get a feel for this future I've summarised bits of the book. In 2030 the NiOT (New Internet of Things) was a massive pervasive entity



Paige Turner, defying gravity with her bubbles

called GAFA - Google, Apple, Facebook, Amazon and controlled 99 percent of human activity but in 2033 ransomware brought it down and the global economy collapsed and surveillance was pervasive. Through all this sea levels kept rising, people lost their homes, and millions of refugees roamed the planet in search of a place to live. In this uncertain, faltering environment, religion galvanized and emerged rejuvenated. It tapped into the deepseated anger and aggression of the masses, it questioned the status quo of the economic world and it morphed into fundamentalism. A bloody war ensued and out of the debris eMpower, the tech giant that released the global population from centralised data storage rose up, and by 2049 it dominates.

Sarah Lahey writes of this strange world in the most compelling and visual of ways. She's a great writing talent and shout out to She Writes Press, the hybrid publishing company that published Sarah's books. She Writes Press is ideal for talented writers who are fed up with traditional publishing companies.

As soon as I finished Gravity is Heartless, I immediately started reading Nostalgia is Heartless and finished it in days. That's 660+ pages of being transported into a future that has made me see climate activism as being as essential as being kind and caring to all people.

The Heartbreak Series is available from Dymocks, Booktopia and Amazon.

Words: Paige Turner



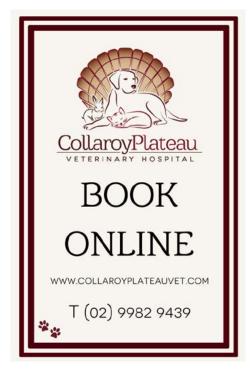
- 1. What colour is the building of the famous Upper Crust pie shop at Long Reef?
- **2.** In what year did the Narrabeen Sands first open? 1883, 1895, 1907, 1921?
- 3. Northern Beaches legend Layne Beachley won the first of her 7 world surfing titles in 1998, in what year did she win her last?
- **4.** What is the most northern Surf Club on the Northern Beaches?
- **5.** Which suburb has become the "Brewery Capital" of the Northern Beaches?
- 6. A field in which rice is grown is called a what?
- 7. The geographical centre of Australia is called Lambert centre Which state or territory is that located in?
- **8.** Until 1841 New Zealand was part of which Australian state?
- **9.** Halley's Comet was last seen passing by earth in 1986 Which decade of the 2000's is it predicted to pass by again? Or if you're that good, try going for the exact year
- **10.** In 2018 Usain Bolt trialed with which Australian A League soccer club?
- 11. Conspiracy theorists would have you believe that Adolf Hitler escaped to which South American country?
- **12.** In what year did Notre Dame cathedral in Paris get destroyed by fire?
- **13.** On what night of the week is Powerball drawn?
- 14. If you were to travel directly West of Suva, Fiji Which Australian city would you be closest to? Sydney, Coffs Harbour, Brisbane, Townsville?
- **15.** On what item of clothing would you find an Aglet?
- 16. What colour is Spider blood?
- **17.** An even number, how many seasons did Game of Thrones run for?
- **18.** In which country are Mangoes native to Brazil, India, Mexico?
- 19. St. Petersburg is Russia's 2nd most populated city Is it to the East or West of Moscow?
- **20.** How close can you get??? How many rooms are there in Buckingham Palace?
- **21.** True or False: 90's lip-syncing duo Milli Vanilli once made a comeback as singers?

Sudoku

Medium difficulty

		6		9	3	1		2
5					8		7	
			15				6	
	6	5		1				
	1						3	
				2		6	4	
	4				7			
	3		8					9
8		2	9	3		4		

For inquires please email
"PAZZLE"
razzledazzletrivia@gmail.com



Star Sians

by Krystal Bawl

Capricorn Dec 22 - Jan 20

Capricious tendencies are replaced by constancy and stability. Surprise surprise, it's as boring as you feared.

Aguarius Jan 21 - Feb 19

Stop retrograde thoughts occupying your primo brain space. It's got big ideas to conquer this year.

Pisces Feb 20 - Mar 20

Swimming upstream is sapping your creative energy. Give yourself the rest and recharge you're craving.

Aries Mar 21 - Apr 19

Stop asking yourself if you're happy. You know the answer. There is no answer! And no way of knowing.

Taurus Apr 20 - May 21

All that doom scrolling is bringing you down. Reconnect with your most positive friends. They miss you.

Gemini May 22 - Jun 21

People-pleasing is tiring if you're the one doing all the pleasing. And the heaven's know you can't please yourself.

Cancer Jun 22 - Jul 22

Planetary confusion reigns supreme. Lay low, act later and if confusion continues then drink (responsibly).

Leo Jul 23 - Aug 22

The stars are stacked in your favour. Know when to hold 'em. know when to fold 'em and if that fails run, fast.

Virgo Aug 23 - Sep 23

Get yourself beneath the moon, soak up its wondrous energy and hooowwwwllll. Sleep can wait.

Libra Sep 24 - Oct 23

Stop seeking the answers from your friends. They are just as clueless as you

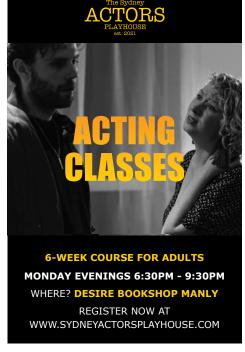
Scorpio Oct 24 - Nov 22

2021 saw your walls crumble. It's time you tapped into your home maintenance destiny, one nail at a time.

Sagittarius Nov 23 - Dec 21

Extreme sports can be risky at any age, but especially at vours. Start this year with caution and health insurance.





ISSUE 13 JANUARY 2022

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The Tawny Frogmouth is an independent publication, committed to sharing local stories, and supporting the endeavours of the people on the Northern Beaches. We rely on advertising and sponsorship to keep our free, printed magazine in circulation each month.

> Contact Liam to find out how you can support local media. 0414 556 038 | liam@thetawnyfrogmouth.com.au

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